<u>Helpful Hint:</u> If you are viewing this document in portable document format (pdf), be sure to click the *text select tool* at the top of the screen (*T with a dotted-line box next to it*) to change your curser to a pointing finger instead of a hand. This will allow you to select and click on a link.

## The following are links to more Fitness Article(s):

ACE Lists Most Common Fitness Myths (11/03)

Do it Yourself Guide: Take 10,000 Steps A Day (06/03)

Do-it-Yourself Guide: Survey Your Neighborhood for 'Walkability' (06/03)